

Montgomery County, MD - Veterans Network Directory

Transition and Readjustment Assistance and Support

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This is a project of the Montgomery County Commission on Veterans Affairs. To submit an update, add or remove a listing, or request an alternative format, please contact: MCCVA@montgomerycountymd.gov, 240-777-1252 (V), MD Relay 711

Conflict Resolution Center of Montgomery County

Bethesda Chevy Chase Regional Services Center
4805 Edgemoor Lane, 2nd Floor
Bethesda, MD 20814
E-mail: info@crcmc.org
www.crcmc.org

301-652-0717 (V)

Mediation can provide valuable assistance to reintegrate returning Maryland veterans back into their families and communities. Provides mediation free of charge to those who live, work, and/or attend school in Montgomery County.

Crossroads Program – Yellow Ribbon Fund, Inc.

P.O. Box 41048
Bethesda, MD 20824-2018
Email: crossroads@yellowribbonfund.org
www.yellowribbonfund.org

240-223-1180 (V)

Crossroads Program provides rental cars, hotel stays, and fully furnished apartments for patients and their entire families while at Walter Reed National Military Medical Center - at no cost to military families. This allows families to be together during vital moments when encouragement and hope are most needed.

Helping Hometown Heroes Foundation, Ltd.

Rosita Underwood, Founder
3656 Daisy Road
Woodbine, MD 21797
E-mail: rosita@helpinghometownheroes.org
www.helpinghometownheroes.org

301-351-2426 (V)

Non-profit organization that assists recuperating military men and women as they adjust from their military lives to civilian life. Services include helping with rehabilitation, transportation, support for families and their support system of wounded warriors including those with IED and loss of limb, home modifications to accommodate veterans with disabilities, aid wounded warriors, and support for the families of military men and women upon returning from war.

inTransition – Department of Defense – Psychological Health Center of Excellence

Email: dha.ncr.j-9.mbx.intransition@mail.mil
Live Chat is available on the website.

1-800-424-7877 (Toll-Free Inside the U.S.)
1-800-424-4685 (Toll-Free Outside of the U.S.)

<https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>

Free, voluntary, and confidential program that can assist any service member or Veteran in getting connected with behavioral health care. An inTransition coach can help bridge potential gaps during a service member or Veteran's transition to a new provider or for someone seeking care for the first time. Assistance is available when:

- Relocating to another assignment
- Returning from deployment
- Transitioning from active duty to reserve component or reserve component to active duty
- Preparing to leave military service
- Any other time they need a new mental health provider or need a provider for the first time.

inTransition coaches are skilled counselors who understand military culture and who maintain privacy and confidentiality.

They help participants:

- Connect to a new provider
- Monitor their transition and motivate them to remain in treatment
- Locate local community resources and support groups
- Find crisis intervention services in the new location
- Learn tools to continue making healthy life choices

inTransition services are available to all military members regardless of length of service or discharge status and there is no expiration date to enroll. Military members can sign up at any time from any location. Alternatively, they can ask for a referral from their health care provider or case manager. There is no limit on the number of times inTransition can be used.

Make the Connection

<http://maketheconnection.net>

Connects Veterans, their friends and family members with information, resources, and solutions to issues affecting their health, well-being and everyday lives. Hear inspiring stories of strength, learn what has worked for other Veterans and explore information about physical and mental health symptoms, challenging life events and mental health conditions. Public awareness campaign by the U.S. Department of Veterans Affairs (VA).

Military.com - Transition Center

www.military.com/military-transition

Website featuring government and civilian resources to help veterans transition into civilian life. Resources include information on civilian careers, education options, benefits, money issues, relocation, and retiree benefits. Transition blog features real military transition stories.

Moving Forward

www.veterantraining.va.gov/apps/movingforward/index.html

Free, on-line educational and life coaching program that teaches problem solving skills to help you to better handle life's challenges. Designed for members of the military community. From the Department of Veterans Affairs.

National Military Family Association

3601 Eisenhower Avenue, Suite 425
Alexandria, VA 22304
E-mail: info@militaryfamily.org
www.militaryfamily.org

703-931-6632 (V)

Educate military families concerning their rights, benefits and services available to them regarding the issues that affect their lives. The website is a one-stop resource for military families, servicemembers, and their friends on a wide-range of topics relevant to the "military" lifestyle.

Onward to Opportunity

<https://ivmf.syracuse.edu/onward-to-opportunity/>

Free, comprehensive career skills program that provides civilian career training, professional certifications and job placement support to transitioning service members, members of the selected reserves, Veterans, and military spouses. Partner with private sector companies committed to training and hiring military talent and their spouses earlier in the transition process. Offer distance-learning opportunities through the online-only portion of the program. Offered by the Syracuse University Institute for Veterans and Military Families.

Operation Second Chance

20251 Century Boulevard, Suite 130
Germantown, MD 20874
<https://operationsecondchance.org>

301-972-1080 (V)

Work with recovering service members who are wounded, injured or ill and assist with their transition out of intensive care units (ICUs). Assist families of wounded service men and women. Programs include counseling, outdoor adventures, support and assistance, retreats, day trips, scholarships, and mentoring leadership.

Seamless Transition - VA Maryland Health Care System

www.maryland.va.gov/freedom.asp

Chris Buser, Clinical Director, Post Deployment Health Reintegration Programs

410-605-7000 x 4028 (V)

Michael Rubin, OEF/OIF/OND Program Manager

410-605-7259 (V)

Provide assistance with applying for VA health care and other available health care services. The Seamless Transition effort is a nationally designated system of care created to meet the specific needs of those troop members returning from Operation Iraqi Freedom (OIF), Operation Enduring Freedom (OEF) and Operation New Dawn (OND). The goal is to ensure that these returning service members receive the highest quality of care in a timely manner.

Serving Together

Beatriz Mendez, Senior Peer Navigator, bmendez@every-mind.org

301-738-7176 (V)

Khrystin Shanklin, Peer Navigator, kshanklin@Every-Mind.org

1-855-738-7176 (Toll Free)

Destiny Nettles, Program Manager, dnettles@every-mind.org

Monday through Friday, 9:00 a.m. to 4:30 p.m.

Christy Kenady, Director, ckenady@every-mind.org

www.servingtogetherproject.org

Offers transitioning service members, Veterans and their families access to a class-leading continuum of providers that run the gamut from superior legal, housing and emergency service providers to employment, recreation and fitness, financial capabilities and more – all designed to provide those who serve, have served, and their families, with a comprehensive service delivery experience.

Silver Spring Vet Center

Wayne Miller, Team Leader/Director

301-589-1073 (V)

2900 Linden Lane

202-273-9116 (Bereavement Counseling)

Silver Spring, MD 20910

E-mail: wayne.miller3@med.va.gov

www.vetcenter.va.gov/Vet_Center_Services.asp

Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Closed Saturday, Sunday, and Holidays. Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you.

Directions: The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

U.S. Department of Defense

Ease the transition of active duty military personnel, civilian employees, and family members from government service to private sector. Transition services include counseling, information on education options, computerized job banks, resume writing assistance, and help with the employment interviewing process. All transition services are available to military spouses and family members, without restriction. Services are provided on major military installations by Transition Assistance Offices. Below is each service's Transition Assistance Program and nearest location:

Air Force: 301-677-4136 (V)
Ft. Meade Airman and Family Readiness Center 301-677-4138 (V)
830 Chisholm Avenue
Ft. Meade, MD 20755
Hours: Monday through Friday, 7:30 a.m. to 4:00 p.m.
www.ftmeade.army.mil/pages/airman/afrc.html

Offer a variety of services in alliance with the Army and Navy to include information, referral, and financial services, relocation assistance, transition assistance, employment programs, spouse orientations, and more. Serve all single and married Active Duty, DoD Civilian Personnel and their eligible family members, to include Guard and Reserve members while on Active Duty, other eligible uniformed members, military retirees, and their eligible family members.

Army: 301-677-9871 (V)
Fort Meade Soldiers For Life – Transition Assistance Program (SFL-TAP Center)
Bldg 8501 Simonds Street, Room 105
Fort Meade, MD 20755
Hours: Monday through Friday, 7:30 a.m. to 4:00 p.m.
E-mail: usarmy.meade.imcom-atlantic.mbx.soldier-for-life-tap@mail.mil
www.ftmeade.army.mil/directorates/dhr/sfl/index.html

Pre-separation briefings, counseling and referrals that can help you learn about programs designed to help you transition and readjust. Job Assistance workshops, counseling and resources that can help you find and win the best jobs. The SFL-TAP Virtual Center is an online environment where soldiers can receive all the transition and education services they would receive at a SFL-TAP Center. SFL-TAP counselors can conduct individual counseling sessions, assist with job searching, and provide resume assistance. Seminars are conducted for resume preparation, interviewing training, and preparing for federal employment. Virtual Center visitors can access the resource library which contains transition information, resume materials, seminar slides and many other additional resources.

Coast Guard: 202-475-5158 (V)
Headquarters Program Manager 202-372-4084 (V)
Commandant (CG-1112)
Attn: Office of Work-Life
U.S. Coast Guard Stop 7907
2701 Martin Luther King Jr. Avenue SE
Washington, DC 20593-7907
Rodney Whaley, Transition / Relocation Manager
E-mail: rodney.b.whaley@uscg.mil
www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Transition-Assistance-Program/

Each Transition/Relocation Manager (TRM) can assist active duty members in scheduling a Transition Assistance Seminar. This mandatory seminar is intended to assist transitioning active duty members in preparing for the civilian job market and prepare members with Career Readiness Standards. These seminars cover such topics as resume writing, interviewing techniques, salary negotiations, and successful attire strategies. Each seminar will also familiarize the member with the benefits they may be entitled to as a separatee or retiree.

Marine Corps: 202-685-7583 (V)
Marine Barracks Family Readiness Program
MSgt Enrique Hernandez Sandoval
8th & I Streets, SE
Washington, DC 20390
E-mail: enrique.hernandezsan@usmc.mil
www.mccs8thandi.com/index.cfm

Provide support through proactive outreach through official communication; information, referral and resources; and Marine Family Readiness and Deployment Support. Resources include PCS Moves; housing information including the Military Set Aside Housing Program; personal financial planning; Exceptional Family Member Program; School Liaison Officer who works with area school systems; family member employment assistance program; general counseling services and family advocacy; and substance abuse counseling.

Navy:

301-319-4087 (V)

Fleet and Family Support Center (FFSC) - Naval Support Activity Bethesda
9045 Beale Road, Bldg 11, Room 111
Bethesda, MD 20889

Hours: 7:30 a.m. to 4:00 p.m.

E-mail: usn.bethesda.nsabethesdamd.list.NNMC-FFSC@mail.mil
www.cnic.navy.mil/regions/ndw/installations/nsa_bethesda.html

FFSC programs are intended to help make the most of military life. Workshops and seminars are opened to active-duty and retired military personnel and their family members, and if space is available, DoD Civil Service employees, their spouses and contract employees. Navy personnel should make an appointment with their Command Career Counselor for a Pre-Separation counseling interview at least 180 days prior to separation.

U.S. Vets

District of Columbia Office

202-683-8357 (V)

152 Wayne Place, SE
Washington, DC 20032
www.usvetsinc.org/washingtondc

Private non-profit organization providing housing, employment and counseling services to Veterans from all branches of the Armed Forces who have served their country from World War II to the current conflict in Afghanistan.

Supportive Housing program is designed for veterans who might not require a structured program to maintain permanent housing, but who would benefit from continuing supportive services. Veterans living in the community are given access to supportive services such as rental assistance case management, job assistance and access to therapeutic and support groups on-site.

Supportive Services to Veterans Families program offers temporary assistance to at-risk, low-income families in an effort to keep them from becoming homeless. This grant program is designed to house these at-risk families as quickly as possible by providing legal counseling and financial aid for rent, utilities, moving costs, childcare and bus transportation, employment assistance and benefits counseling. Participants in the program can also receive assistance in obtaining Veterans Affairs (VA) benefits covering such things as health care and disability payments.

Job assistance program is designed to assist all veterans in obtaining and maintaining employment by addressing a variety of obstacles they face, including a lack of job and life skills, and mental health and substance abuse issues. career counselors provide guidance in the development of job seeking-skills and employment goals. They assess a veterans' skill sets, work experience, education and interests to help translate those skills to the civilian workforce.

Vet Center Combat Call Center – U.S. Department of Veterans Affairs

www.vetcenter.va.gov/media/Call-Center-PSA.asp

1-877-927-8387 (Toll Free)

Around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as family members of combat Veterans. This benefit is prepaid through the Veteran's military service.

Yellow Ribbon Reintegration Program

www.yellowribbon.mil

1-866-504-7092 (Toll Free)

Department of Defense Veteran's reintegration program to provide National Guard and Reserve members and their families with sufficient information, services, referral, and proactive outreach opportunities throughout the entire deployment cycle. Members and their families should contact the person or persons within their unit responsible for the program.